



W is for wheat. Wheat is a plant that is a member of the cereal family of plants that also includes rye, corn, oats and rice. Wheat flour is the main ingredient in most breads, bakery products, biscuits, cookies and crackers, and the main ingredient in most noodles and pasta. A bushel of wheat weighs about 60 pounds, and when processed at the mill, a bushel produces about 42 pounds of white flour. The top wheat producing states are Kansas, North Dakota, Montana, Oklahoma, and Washington.